

Book of Recipes

Ariston

**BEEF
SUET**

SHREDDED
BEEF SUET
WITH
RICE FLOUR



BLOCK
BEEF SUET
GUARANTEED
PURE



WILES & LEWIS, LTD ST ALBANS.

USE

ARISTON

BEEF SUET

for all Cooking purposes.

Wiles & Lewis L^{td} St Albans.

INTRODUCTION.

IN publishing this small book of Recipes the Editor trusts that the reader will find some useful hints on cooking or a fresh method of preparing some tasty article of food, always bearing in mind that any of your own recipes that require fat can be made successfully with "*Ariston*" *Beef Suet*, which is superior to any other fats for all-round cooking purposes.

What is "*Ariston*" *Beef Suet*?

It is simply pure Beef Suet fresh from the cattle, refined, sterilized and prepared under hygienic conditions, all waste tissue, impurities and moisture being extracted, leaving pure suet, 1 lb. of which equals $1\frac{1}{2}$ lbs. of raw suet.

Please always ask for "*Ariston*" and see that you get it.

HINTS ON FISH FRYING.

A fish basket is an acquisition, but is not absolutely necessary.

Use plenty of "Ariston" Block Suet.

Prepare the fish; wash and dry to allow the coating to adhere, otherwise the fish will not brown nicely.

Half fill your pan with "Ariston" Block Suet, let it boil, add your fish. When cooked, strain the fat, and it can then be used again. Serve fish in hot dish. Garnish with cut lemon and parsley.

COATING FOR FISH FRYING.

- 1.—Prepare a plateful of fine stale bread crumbs, and in another plate a well-beaten egg. Dip the fish in the egg, then cover with crumbs and plunge into the boiling fat.
- 2.—When fish are fried with a coating of flour instead of bread crumbs, dip in milk, then roll in well-dried flour.
- 3.—Batter for fish. (Dried eggs may be used.) About an hour before you require it, make a plain batter that you would use for a pancake, only not quite so soft; season with pepper and salt.

SAVOURY SARDINES.

Take a thin slice of bread, cut into finger lengths; fry in a pan of boiling "Ariston" Suet until brown; take out, drain and keep hot.

Split open the sardines, lay one on each piece of fried bread, sprinkle with pepper, and set in a hot oven for a few minutes and serve hot.

ANOTHER WAY.

The sardines may be improved by a coating of batter, and then make a delicious savoury.

Treat the bread as above, roll sardines in seasoned flour, and fry crisp and brown.

SAVOURY PUDDING.

Soak in cold water a small stale loaf of bread or pieces of bread left over, and strain.

Take an egg well beaten up, and add 4 ozs. "Ariston" Shredded Suet, three onions well chopped, and season with pepper, salt and thyme. If an egg is not available, a couple of tablespoonfuls of flour with any gravy you have will answer the purpose as well.

Mix all together and bake in a well greased tin for an hour in a moderate oven until it is a nice golden brown.

CHIPS.

Peel your potatoes, wash, and dry on a coarse cloth, then cut into pieces of even size, finger lengths or cubes, and dry again. Have a pan of boiling "Ariston" Block Suet ready, put the potatoes in it, and boil for at least 10 minutes, occasionally stirring. Take out and drain them in a sieve, dust with salt, place in a hot tureen and serve on hot plates.

The "Ariston" can be used over and over again.

POTATO WHIPS.

Take a small quantity of hot mashed potato with the yolk of an egg added, a tiny bit of cooked onion, pepper and salt and a pinch of dried herbs. Shape into small round flat cakes, cover with egg and bread crumbs.

Drop into boiling "Ariston" Suet, and lift out when golden brown. Drain and serve with chops or grilled steak.

BAKED POTATO PUDDING.

1 lb. Meat. (Beef or Mutton)
1 gill Milk.
 $1\frac{1}{2}$ lbs. Potatoes.
2 ozs. "Ariston" Shredded Suet.
2 ozs. Cheese.
Pepper and Salt.

Mince and season the meat; if uncooked meat is used, stew it until tender. Boil and mash the potatoes, add the suet and cheese, mix with milk, and make into two cakes. Melt a little Block Suet, let it get thoroughly hot, and fry the cakes in it on one side; then scoop a hole in the bottom of the cake, and put the minced meat in.

Lay the other cake on the top, put in the oven to get thoroughly hot, dish up, and surround with thick gravy.

MEAT ROLL.

Make a suet crust with $\frac{1}{2}$ lb. Flour, 6 ozs. "Ariston" Suet, $\frac{1}{2}$ teaspoonful Baking Powder, and a pinch of Salt.

Mix to a stiff paste with tepid water, and roll out on a floured board. Cover with a layer of minced meat nicely seasoned. Roll up and steam an hour or longer.

Serve with brown gravy.

HARICOT MUTTON.

Take 2 lbs. of neck end of Mutton, remove the surplus fat, and divide into moderate pieces. Roll these in seasoned flour.

Melt some "Ariston" Block Suet, and fry each piece until nicely browned, and then put in a casserole. Cut up some turnip and carrot into small squares, place them in the pan, after removing the meat, and fry but do not brown them. Add the vegetables to the meat, and cover over with stock or water, put the lid on, simmer slowly for two hours, and season with pepper and salt.

RABBIT EN CASSEROLE.

□
Cut the Rabbit into joints and roll in seasoned flour. Put some "Ariston" Block Suet into a deep frying pan; when it boils, dip each piece in and fry lightly. Arrange the pieces in a casserole adding one or two sliced onions and two whole carrots. Mix a spoonful of flour to a smooth paste, pour a pint of boiling stock over it, and boil up in the frying pan. Pour this over the Rabbit, cook gently for an hour or more, and serve from the casserole.
□

CHESTNUT FORCEMEAT.

1 lb. Spanish Chestnuts.
3 ozs. "Ariston" Shredded Suet.
3 ozs. Bread Crumbs.
1 Egg.
1 pint plain Stock.
Pepper and Salt.
A little Nutmeg.

Cut the tops off the chestnuts, bake for 10 minutes, skin and stew in the stock till tender, mash, and add the suet, crumbs, egg and seasoning.

Use for stuffing turkey, chicken, etc.

FORCEMEAT.

$\frac{1}{2}$ oz. "Ariston" Shredded Suet.
3 ozs. Bread Crumbs.
1 oz. Lean Ham.
Rind of half a Lemon.
 $\frac{1}{2}$ teaspoonful minced Parsley.
 $\frac{1}{2}$ teaspoonful Sweet Herbs.
1 Egg.

Pinch of Salt and Pepper.

Mince the ham, grate the rind of lemon, chop up parsley and herbs very finely, beat up the egg, and mix all together.

PLAIN SUET DUMPLING.

3 ozs. "Ariston" Shredded Beef
Suet.

$\frac{1}{2}$ lb. Flour.

$\frac{1}{2}$ teaspoonful Baking Powder.

A pinch of Salt.

Mix well together with cold water or milk. You can add, if you choose, a handful of fruit of any kind, or a quantity of syrup and treacle according to taste. Dip a pudding cloth in boiling water, sprinkle well with flour before putting the pudding in, and tie tightly, leaving room to swell. Place in a steamer and allow it to steam for two hours.

MILK PUDDING.

1 tablespoonful Patna Rice.

$\frac{1}{2}$ tablespoonful "Ariston" Shredded
Suet.

1 pint Milk.

1 tablespoonful Sugar.

A pinch of Salt.

Wash the rice and put it into a casserole, add the sugar and salt, pour in the milk, stir it up and sprinkle the suet on the top.

Bake slowly for two hours in a moderate oven.

THE MOST ESSENTIAL OF ALL FOODS IS FAT.

1. Give children plenty of fat. They should have it freely in their daily diet. It will strengthen the constitution, build up their bodies, make them clear in body and brain, and help to resist all childish complaints.
2. There is no article of diet more economical, nourishing and sustaining than the old-time Suet Pudding made with "**Ariston**" Suet, and steamed to ensure lightness.
3. A little "**Ariston**" Suet added to hot milk makes an excellent beverage for children and grown ups, especially those who suffer from pulmonary complaints.
4. Add to your milk pudding a little Shredded Suet and note the improvement. By so doing you can add water and economise with milk.

COLD MEAT MOULD.

½ lb. Cold Minced Meat.
2 ozs. Bread Crumbs.
1 oz. "Ariston" Shredded Suet.
1 Egg.
¼ teaspoonful Mixed Herbs,
¼ teaspoonful Curry Powder.
Pepper and Salt to taste.
A little Milk or Ketchup.

Mix all the ingredients together,
grease a plain mould, put in the
mixture, steam one hour.

Serve with brown gravy.

AN EXCELLENT CURRY.

1 lb. Veal Cutlet, or any white
meat.
3 large Onions (sliced).
2 Apples cut in dice.
3 ozs. "Ariston" Block Suet.
2 dessertspoonfuls Curry Powder.
1 tablespoonful Flour.
A pinch of Salt.

Cut the meat into small squares.
Add salt and fry meat, onions and
apples altogether in Block Suet
until golden brown. Then put in
a stewpan with stock and simmer
till tender. Mix the curry powder
and flour to a paste, place in the
stewpan and stir till it thickens.

CHRISTMAS PUDDING.

1 lb. Raisins (stoned).
1 lb. Currants.
1 lb. Sugar.
 $\frac{1}{2}$ lb. Sultanas.
 $\frac{1}{2}$ lb. Mixed Peel, finely shredded.
 $\frac{1}{4}$ lb. Almonds, blanched and shredded.
 $\frac{3}{4}$ lb. "Ariston" Shredded Suet.
 $\frac{3}{4}$ lb. Flour.
 $\frac{3}{4}$ lb. Bread Crumbs.
6 Eggs.
Teaspoonful Mixed Spice.
 $\frac{1}{2}$ teaspoonful of Salt.
1 rind of Lemon, grated fine.
Milk according to size of eggs.
Mix all ingredients thoroughly, put into well greased basins and steam for 8 to 10 hours.

MINCEMEAT.

2 lbs. Apples.
1 lb. Currants.
1 lb. Sultanas.
 $\frac{1}{2}$ lb. Mixed Peel.
1 grated Nutmeg.
 $\frac{3}{4}$ lb. "Ariston" Shredded Suet.
1 $\frac{1}{2}$ lbs. brown Sugar.
Grated rind and juice of two Lemons.
1 teaspoonful of Allspice.
Peel and core the apples, and either chop them or put them through a mincer, add the Shredded Suet, sugar, fruit, etc. Mix thoroughly, put into a jar, tie down, and use when required.

STEAMED SUET PUDDING.

1 teacupful of "Ariston" Shredded Suet.

2 breakfast cupfuls of Flour.

1 teaspoonful Salt.

Sufficient tepid milk or water to make a stiff dough.

Mix thoroughly together and put into a greased basin; steam for two hours.

This pudding can be tied in a floured cloth and boiled an hour, but it is lighter when steamed.

APPLE SANDWICH PUDDING.

Make a suet crust with 1 cupful "Ariston" Shredded Suet; 2 cupfuls Flour; $\frac{1}{2}$ teaspoonful Baking Powder; a pinch of Salt.

Very little tepid water, and make rather a firm dough.

Flour your board, and roll out half your paste. Take a thick layer of stewed apples and arrange on the paste, sprinkle a little sugar over (a pinch of powdered cloves improves). Cover over with the remaining paste, pinch the edges together, mark in squares, but not quite through, and bake in a moderate oven until nicely browned. Then cut into squares, pile up on a hot dish and serve at once.

Time 30 to 40 minutes.

MARMALADE PUDDING.

- 5 ozs. Bread Crumbs.
- 2 ozs. Sugar.
- 2 ozs. "Ariston" Shredded Suet.
- 2 tablespoonfuls Marmalade.
- $\frac{1}{2}$ pint Milk.
- 1 Egg.
- A pinch of Salt.

Warm the milk and pour on to the bread crumbs; add sugar, marmalade and "Ariston" Shredded Suet, beat up the egg and stir well into the mixture. Cover with a greased paper and steam for two hours. Turn out and serve with Sauce.

FIG ROLL PUDDING.

- 6 ozs. Flour.
- 3 ozs. "Ariston" Shredded Suet.
- 3 ozs. Sugar.
- $\frac{1}{2}$ teaspoonful Baking Powder.
- $\frac{1}{2}$ lb. small Figs.
- Milk and Salt.

Chop the figs up into small pieces and add to the flour, etc. Make into a stiff dough with milk. Prepare into an oblong shape like a rolypoly pudding, and steam for an hour. Serve with Custard Sauce.

GINGER MOULD WITHOUT EGGS.

6 ozs. Flour.
4 ozs. Treacle.
3 ozs. "Ariston" Shredded Suet.
 $\frac{1}{2}$ teaspoonful Ground Ginger.
 $\frac{1}{2}$ teaspoonful Baking Powder.
A little Milk.

Mix the flour, suet, ginger, and baking powder together with a good pinch of salt. Stir in the treacle and add just a little milk so that the mixture is not very stiff. Have a small well-greased mould

ready and turn the mixture into it. Cover with a greased paper, and steam for about an hour and a half or longer.

Serve with a sweet melted butter, corn-flour, or custard sauce.

APPLE JACKS.

Peel and core some large apples, and put a little sugar in the cavity after coring.

Cover neatly with "Ariston" Suet crust, and bake until brown.

Time 30 to 40 minutes.

FIG PUDDING.

$\frac{1}{2}$ lb. Figs.

4 ozs. "Ariston" Shredded Suet.

$\frac{1}{2}$ lb. Bread Crumbs.

$\frac{1}{4}$ lb. brown Sugar.

$\frac{1}{2}$ teaspoonful Ground Ginger and
mixed Pudding Spice.

$\frac{1}{2}$ teaspoonful Baking Powder.

1 Egg, well beaten.

A little Milk.

Soak the figs overnight. Cut them into small pieces, add the suet, bread crumbs, sugar, spices and baking powder. Mix to a stiff paste

with the egg and milk. Grease a large mould and fill it with the mixture. Cover over with buttered paper and steam four hours. Serve with Custard Sauce.

FISH CAKES.

Any cold fish taken off the bones, put in a basin with mashed potatoes, a little pepper and salt. Mix with an egg or a little milk, shape into balls or cakes, and fry in "Ariston" Block Suet until brown.

WELCOME GUEST PUDDING.

- 2 ozs. "Ariston" Shredded Beef Suet.
- 4 ozs. Bread Crumbs.
- 2 ozs. Sugar.
- 1½ ozs. Candied Lemon Peel.
- 1 gill Milk.
- 1½ ozs. Almonds.
- 2 Eggs.
- 1 teaspoonful Vanilla.

Blanch almonds and chop (not very fine), mix bread crumbs, suet, sugar, almonds, and half the lemon peel, beat eggs well and stir in milk, mix with dry ingredients and add vanilla, grease mould and place rest of lemon peel

(cut into strips) inside, so as to ornament pudding, pour in mixture, cover with buttered paper, steam for 2 hours.

Serve with sweet sauce.

A GOOD HINT.

Take equal parts of kindness, unselfishness, and thoughtfulness, mix in an atmosphere of love, add a spice of usefulness, scatter a few grains of cheerfulness, season with smiles, stir with a hearty laugh, use "Ariston" Beef Suet for all cooking purposes, and ensure a happy home.

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WITH RICE FLOUR

WILES & LEWIS, LTD
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STERILIZED.